

MIND MATTERS: DECISIONS TODAY FOR A STRONGER TOMORROW

Talk, They Hear You

1

Drinking deletes study time

Alcohol targets the brain's memory center, which can physically stop it from "saving" what was learned during the week. This leads to a mental fog that makes it much harder to focus or pass tests, even if you studied hard.

2

The drive and talk method

Talking while in the car is often easier because you aren't staring directly at each other. This makes a serious conversation feel more like a casual chat and less like a lecture or an interrogation.

3

The "Safe Ride" promise

Make a plan to always prioritize safety over getting in trouble, such as calling 911 if a friend is unresponsive. By offering a "no-questions-asked" ride home, you ensure your teen always has a way out of a dangerous situation.

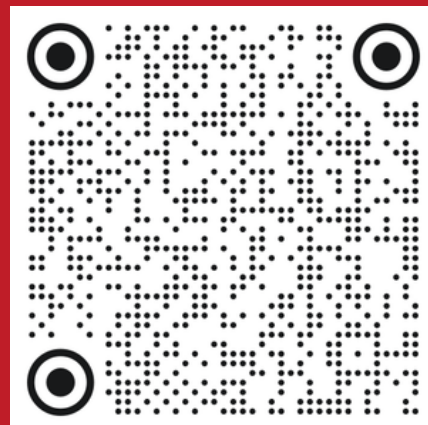


While schools are the primary place teens learn about substances, nearly 25% of students report they have no substance-use-focused curriculum in their health classes at all.



NATIONAL HELPLINE
FOR PARENTS
(1-800-THE-KIDS)

TeenSource.org



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